

FORT SAM HOUSTON News Leader

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"HOME OF ARMY MEDICINE"

Dispensing medications



Photo by Jeff Crawley

Pfc. Gidget Delay prepares to make medication labels Monday during pharmacy specialist training at the Army Medical Department Center and School. Delay is one of 23 Soldiers in Pharmacy Specialist Course No. 05-08 68Q10, who are in their 13th week of training.

See related story and more photos, Page 16.

Taking care of Soldiers AMEDD to introduce Battlemind video

By Minnie Jones
Fort Sam Houston Public Affairs

The Army Medical Department Center and School, co-developers of Battlemind training, will release a new Battlemind training video next year to help foster resiliency in deploying Soldiers.

Battlemind training, or "Armor for the Mind," is the U.S. Army's psychological resiliency-building program. It was first developed by the Walter Reed Army Institute of Research in Washington, D.C., as a result of compiled data from a land-combat study.

The mental-health training that came about from this study builds on Soldiers' proven strengths, and consists of two critical components: self-confidence and mental toughness. It teaches Soldiers how to apply those critical components when they leave for deployment and how to use those same survival skills when they transition back home.

The program focuses on a Soldier's inner strength to face fear and adversity in combat and other military deployments with courage. The

See **BATTLEMIND P4**

INSIDE

SERVE AND
PROTECT



Fort Sam's Texas State Guard provides disaster relief

PAGE 3

SPECIAL
MEMORIAL



Soldier honors brother's memory with scholarship

PAGE 5

NEW SCHOOL
YEAR



District welcomes staff to new school year

PAGE 12

Binz-Engleman gate to relocate

The Binz-Engleman Access Control Point will close the evening of Aug. 29 through the morning of Sept. 1 while contractors relocate the ACP to Schofield Road, near the fire station. The gate relocation will also affect access onto S-33 Road. People will no longer be able to access S-33 from Schofield Road starting Sept. 1. The gate relocation is a necessary measure to accommodate Base Realignment and Closure-related construction along Schofield Road.



E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL

San Antonio Hiring Heroes Career Fair preparation

The Hiring Heroes Career Fair will be held Sept. 23 from 9 a.m. to 3 p.m. at the Sam Houston Club.

The following workshops, seminars and job fair preparation classes are being offered to help people prepare for the upcoming Hiring Heroes Career Fair:

Transition Assistance Program 2 1/2 day Workshop – The comprehensive TAP class, courtesy of the Army Career and Alumni Program, teaches the entire spectrum of the job-search process — networking, resumes, interviewing and salary negotiation skills. The workshop will be held Aug. 27 to 29 from 8 a.m. to 4 p.m. in Building 2263, Room B-100, Stanley Road. For reservations, call ACAP at 221-1213. The workshop is open to all ACAP clients.

Federal Job Application Development – These classes are courtesy of the Office of Personnel Management. Learn tips on completing the federal application, where to find federal jobs, and go “live” inputting your application into USAJOBS. Sign up at the Warrior and Family Support Center on the second floor of the Powless Guest House. Classes will be held Aug. 28, and Sept. 4, 11 and 16 from 1:30 to 4 p.m. Reservations are required. The classes are reserved for Warriors in Transition and their Family members only.

Job Fair Preparation Class – This class is

courtesy of the Army Career and Alumni Program and will offer tips on how to work a job fair, final list of employers and jobs offered, plus a resume review. The class will be held Sept. 3 from 9 to 11 a.m. in Building 2263, Room B-100. For reservations, call ACAP at 221-1213. The class is open to all ACAP clients.

Small group/individual counseling – The counseling is courtesy of the Army Career and Alumni Program and the Office of Personnel Management. Counseling is available in the Soldier and Family Assistance Center on a walk-in basis Aug. 27, and Sept. 3, 10 and 17. Civilian resume counseling with Tinisha Lomax will be held from 1 to 2:30 p.m., and federal assistance with Kim Goffar from 2:30 to 4 p.m. Priority will be given to Warriors in Transition and their Family members. Similar assistance is available Aug. 22, and Sept. 5 and 12 in the ACAP Center, Building 2263, Room B-99 for any ACAP client. To reserve a workstation, call 221-1213.

‘Last Chance Resume & Federal Job Application Workshop’ – The workshop is courtesy of experienced mentors. One-on-one help will be offered to build or fine-tune resumes and applications. Same-day classes will be presented



on resumes, federal applications, how to work a job fair, reasonable accommodations, veteran's preference, and dress for success. The workshop will be held Sept. 22 from 9 a.m. to 4 p.m. at the Sam Houston Club on a walk-in basis.

People are urged to prepare their resumes well before Sept. 23. Planning ahead, creating a resume, having it reviewed by ACAP or OPM counselors, and attending a TAP workshop are all part of a comprehensive approach for future success after military service. The ability to present talents, skills and experience to prospective employers is a life-long skill.



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News Briefs

Hispanic Heritage Month committee

People are invited to join the Hispanic Heritage Month committee and help plan Hispanic Heritage Month celebrations. A planning meeting will be held Aug. 21 at noon in Building 142 on Stanley Road. For more information, call Sgt. 1st Class Megan Grant at 295-6800.

Dental clinic services

The Brooke Army Medical Center Oral and Maxillofacial Surgery and Hospital Dental Clinic will have limited services Aug. 22 to 29 because of maintenance. For more information, call 916-0332 or 916-2549.

Crime prevention

Lincoln Military Housing will host a meeting to discuss crime prevention Aug. 27 from 5:30 to 6:30 p.m. at the Harris Heights Community Center for Harris Heights, Patch Chaffee, Marvin R. Wood, Gorgas Circle, Wheaton Graham, Infantry Post, Hancock, Artillery Post and Staff Post residents; and Aug. 29 from 5:30 to 6:30 p.m. at the Watkins Terrace Community Center for Watkins Terrace residents. Residents will be able to meet with an LMH representative during this time to discuss the first official Ista energy bill.

Change of command

Capt. Lolito Ganai will relinquish command of A Company, 264th Medical Battalion to Capt. Christopher Ellison Aug. 28 at noon at the Blesse Auditorium in Willis Hall, Army Medical Department Center and School. The ceremony is open to the public.

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet Aug. 28 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

Back-to-School Bash

The Patch Shoppette, located on the corner of Patch and Harney roads, will host a Back-to-School Bash Aug. 28 from 2 to 6 p.m. in the shoppette's side parking lot. The event will include food, music, games, fingerprinting and a visit from McGruff the Crime Dog. For more information, call Diana Hines, shoppette manager, at 225-3589.

See NEWS BRIEFS P4

Fort Sam's Texas State Guard provides disaster relief

Story and photo by Jeff Crawley
Fort Sam Houston Public Affairs Office



Lt. Col. Ray Provencio, executive officer, and Sgt. Norma Cuellar, assistant personnel officer, peruse Texas State Guard awards criteria, while Maj. Skip Pope, assistant training officer for operations, makes a phone call Aug. 16 at Headquarters, 1st Civil Affairs Regiment on Fort Sam Houston. Texas State Guard Soldiers' uniforms are virtually identical to the Army's except for a Texas flag and the "Texas State Guard" tape. The unit patch is a shield with a lone star superimposed with a "T."

"One of the Army leadership principals is selfless service and that's what we're really all about," said Pope, who works as counselor at the Army Education Center. "We're serving people in times of disaster."

The TXSG is one of the three branches of the Texas Military Forces, which are under the command of the governor. The other branches are the Texas Army National Guard and Texas Air National Guard. The HQ, 1st CA Reg. drills at the Texas National Guard Armory on IH-35 near Brooke Army Medical Center.

The TXSG was created in the 1880s making it older than the National Guard, said Pope, who retired as an Army captain in 1995. Texas is one of about 20 states that have a state guard, which operate humanitarian and disaster-relief missions.

In July, TXSG members deployed to the Rio Grandé Valley in preparation for Hurricane Dolly. Over nine days, about 200 TXSG personnel rotated in and ran seven shelters for people who had evacuated their homes before Dolly struck. After the storm destroyed community infrastructures, they ran points of distribution, or PODS, with the American Red Cross and other agencies, to distribute water, food, ice, blankets and other items, Pope said.

"You see the massive devastation and the suffering of the people ... this is where someone has to come forward," Pope said.

Fifty-nine members of HQ, 1st CA

Reg. deployed for the hurricane relief operations, were paid \$121 per day and reimbursed for mileage at the state rate, Pope said. Because the mission took place in its area of responsibility, HQ, 1st CA Reg. was made the command and control group for the state guard's hurricane operations.

Except for weapons training, the TXSG is pretty much like the Army with grooming standards, military protocol and drill and ceremonies, Pope said.

The only weapons-carrying members in the regiment are the 25 Soldiers on the Quick Reaction Team at Camp Bullis, said Maj. Mitchell Kelley.

Unlike traditional National Guard Soldiers, TXSG members only drill one Saturday a month and annual summer training is performed over a weekend at various locations in Texas, Pope said. This year for HQ, 1st CA Reg. its Soldiers went to Camp Bowie, in Brownwood.

The TXSG drills and deployments are considered military duty by law. Deployments are on a voluntary basis and the Soldiers of the TXSG can often deploy quicker than the National Guard, he said.

"We're traveling by POV (privately owned vehicle); we don't have to meet at the armory, we don't have to form

up, we don't have to load up convoys," Pope said. "We just throw our stuff in our cars and head out."

Many of HQ, 1st CA Regiment's 165 members are veterans or military retirees, though military service is not a prerequisite to join, Pope said. Because of the TXSG mission, its Soldiers are trained to become military emergency management specialists.

New members without any prior military training go to a three-week basic training course at Lackland Air Force Base. The training covers basic military indoctrination as well as Texas State Guard history and missions.

The regiment's executive officer, Lt. Col. Ray Provencio, said that many of the unit's younger members join the TXSG as a stepping stone to see if the active-duty military is for them.

Provencio, a retired Army master sergeant, encourages anyone who wants to do volunteer work to consider the Texas State Guard.

"Give us the opportunity to show you what we're about for at least a year, if you don't like it you're welcome to step out," he said.

For more information about joining the Texas State Guard, visit www.gotxsg.com.

News Briefs

from P3

Mandatory ethics training

Soldiers and civilian employees must take one hour of ethics training as directed by the secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

- Acquisition ethics Aug. 28 at 10 a.m.
- Political ethics Oct. 22 at 1 p.m.
- Acquisition ethics Dec. 11 at 1 p.m.

Ethics training can also be taken online at http://www.dod.mil/dodgc/defense_ethics/ethics_training/2007_AET/index.htm. For more information, call 221-2373 or 221-0485.

Suicide Awareness Expo

The Fort Sam Houston Army Substance Abuse Program will sponsor a post wide Suicide Awareness Expo Sept. 9 from 9 a.m. to 2 p.m. at the Army Community Service center, Building 2797 on Stanley Road. The Fort Sam Houston community is encouraged to attend and learn about helping resources. The event is open to the public and information booths will be available. For more information, call 221-0133 or 221-1254, or e-mail steve.henry2@us.army.mil.

SFAC moves to new location

The Soldier and Family Assistance Center has moved from the basement of Brooke Army Medical Center to Building 3644, 3931 Okubu Barracks Road, off George Beach Boulevard. For more information, call 916-7322.

Bulk item pick up

Lincoln Military Housing now offers bulk item pick up for on-post housing residents. Residents can place bulk items out by 7:30 a.m. every Friday and the items will be removed at no charge to the resident. The bulk item dumpster located at Building 3882 is no longer available for resident use.

On-post housing available

Lincoln Military Housing has four-bedroom homes available for W1 to O-3, and two-bedroom homes for E-1 to E-6. Soldiers who would like to apply for housing need to bring their orders assigning them to Fort Sam Houston, latest end-of-month Leave and Earnings Statement, Defense Enrollment Eligibility Reporting System enrollment documentation, and ID card to Building 367. For more information or availability, call LMH at 270-7638 or e-mail ftsamhoustonquestions@lpsi.com.

Combat survivability has doubled since Vietnam

By Elizabeth Lorge
Army News Service

WASHINGTON — Recent advances in combat medicine are saving service members' lives at unprecedented rates, the assistant secretary of defense for health affairs told a group of government and medical officials at a "Government Executive" event Aug. 13.

Dr. S. Ward Casscells said new medicine, equipment, protective gear and better facilities have decreased the military's died-of-wounds rate from 23.9 percent in Vietnam to 10.1 and 12 percent in Iraq and Afghanistan, respectively.

"Overall, the battlefield care is much better than even in Desert Storm one. It's really not what the doctors are doing. It's Soldiers taking care of themselves; Soldiers taking care of each other. The best-trained medics we've ever had. The most courageous medics we've ever had," Casscells said.

One of them is Staff Sgt. Matt Sims, who was wounded three times during his second deployment to Iraq, but was never evacuated out of theater. He credits both new equipment and the medical training of other Soldiers with saving his life.

Sims, a medic now at Rader Clinic,

Fort Myer, Va., demonstrated the differences between new bandages and tourniquets and old versions that date to the Vietnam War. Old bandages were often hard to open, didn't stretch and were easy to tear. It was difficult to get a bandage to stick to a punctured lung. Medics would have to use three different dressings for a regular bandage, pressure bandage and tourniquet. They would have to find a stick to use the tourniquet.

Now, in addition to the tourniquets each Soldier carries and some that are built into uniforms, the same bandage can be converted to a pressure bandage and also a tourniquet. Sims also said that medical officials have learned that tourniquets should be applied immediately to prevent blood loss, and that limbs are safe for up to eight hours. Casscells added that it's better not to over-hydrate patients with saline to raise their blood pressure because this can inhibit clotting. Doctors also have advanced clotting factors they can give patients who are losing too much blood.

"Getting definitive care on the battlefield at the point of injury, I think, attests to most of the lifesaving on the battlefield. If you stop a bleed soon, keep a wound clean at the point of injury, it's saving hundreds of lives," Sims said.

If service members need to be evacuated from theater after receiving initial treatment at a combat support hospital, they travel in C-17s that have been converted to flying intensive-care units complete with nurses and ventilators. Most servicemembers are at a military hospital in the States within 72 hours of their injuries.

"No one, I mean no one, dies in (them)," Casscells said.

Both he and Sims noted that burns were one of the hardest injuries to treat, and that the only thing medics can really do in the field is keep them clean. But the military will soon have nonrejectable skin and service members will be able to save skin stem cells to help regenerate skin, Casscells said.

According to Casscells, the military is also sending servicemembers who need extensive reconstructive surgery to experienced plastic surgeons at the University of California Los Angeles hospital.

But he said that some of the most important research is in how to prevent burns from occurring at all. Soldiers wear flame-retardant clothing in certain vehicles, and Casscells said engineers are looking at ways to redesign vehicles to make the fuel tanks less dangerous.

Soldier honors brother's memory with scholarship

Story and photo by Olivia Mendoza
Fort Sam Houston Public Affairs

Manuel Prado and his late wife Consuelo, proud parents of 10 children, worked very hard to keep their loving family together by making sure no child missed out on what the others had.

Out of 10 siblings, six joined the military and only one continued to stay Army Strong — Lt. Col. Marie Prado, from the U.S. Army Physical Evaluation Board here.

Prado was the fifth child from the family of 10 and her late brother Alfredo L. Prado, known to others as "Freddie," was the sixth child. The two siblings were very close.

She recalls when they were kids that Freddie was the over-protector who did not want other boys to talk to her. She described him as a care-free, spirited person who joked and played around.

Freddie joined the Army and became a combat medic;

however, his life was cut short before it truly began.

The family lost a beloved brother, son and friend in a motorcycle accident in 1978, but recalls the love he had for the Army and how motivated he was to make something with his life.

After her brother's accident, Prado never thought of joining the Army, but she remembered the times Freddie would talk about joining the service and wanted to use the GI Bill to go to school to become a psychiatrist.

Her dream was to study and become an attorney. "It never crossed my mind about being in the Army until my college professor/adviser recommended me and said I would enjoy it and would be good at it," she said.

Prado joined the Army in 1983 and felt like she was reliving the movie "Private Benjamin." In 1985 she was commissioned at Trinity University in San Antonio. She

made a promise to herself that if she made it to lieutenant colonel, she would start a scholarship fund in honor of her brother.

Prado made it to lieutenant colonel in 2005, and in 2007, she contacted their high school alma mater and organized an "Alfred L. Prado Scholarship" fund at Memorial High School, San Antonio, as a tribute to her brother.

She wanted to make the community aware that "it does not matter where you are from, how you are raised or whether you don't have the economic means, you can still do it," Prado said. "With my brother's scholarship, students will have the opportunity to have a chance in education, life and be able to explore out of their element."

Three students were honored with the Alfred L. Prado Scholarship for the first time June 5. The first recipient,



Lt. Col. Marie Prado, U.S. Army Physical Evaluation Board here, honored her late brother, Pvt. Alfredo L. Prado, by establishing the "Alfredo L. Prado Scholarship" fund at Memorial High School, San Antonio.

Martin Pena, received \$500, and second and third, Bianca Peralto and Juan Espinoza, each received \$250.

"The students were pleased and proud to receive the

See **SCHOLARSHIP P8**



Courtesy photo

Army Medical Department Television from Fort Sam Houston films a Battlemind training video at Fort Hood, Texas. The video, scheduled for release next year, will help foster resiliency in deploying Soldiers.

PowerPoint is not very effective for most Soldiers. Young Soldiers are now plugged into everything; they have iPods in one ear, a cell phone in another and walking around playing their digital MP3 players," Hagan said.

The production of the realistic training video involved multiple contributions. Actors were hired to work along with Soldiers during the filming. Filming took place at Fort Hood, Texas, where a Middle Eastern combat environment was constructed to reinforce

the realism of the video.

"The biggest thing that I wanted with the filming that we did up at Fort Hood was tactical accuracy and to be realistic as possible," Hagan said.

The goal of the Battlemind video is to provide a new approach to training and to allow for a better learning environment for all Soldiers, particularly the younger ones.

For more information, visit the Battlemind Web site at <http://www.battlemind.army.mil>.

Dental sick call service changing at Lackland

Beginning Oct. 1, the 59th Dental Group at Lackland Air Force Base will terminate sick-call treatment for non-active-duty members.

"We deeply regret this decision and its impact on our non-active-duty patients, however, our increased mission requirements necessitate this change in current operations," said Col. Janet Robinson, deputy commander, 59th Dental Group.

True dental emergencies, such as uncontrolled bleeding, life-threatening swelling or infection and debilitating pain, will be seen at the Dunn Dental Clinic during the duty day and in the Wilford Hall Medical Center Emergency Department after hours for

Active-duty members will continue to report to the Dunn Dental Clinic for emergency dental care from 7 a.m. to noon Monday through Friday, and to the Wilford Hall ER after hours.

Family members and retirees.

Active-duty members will continue to report to the Dunn Dental Clinic for emergency dental care at 7 a.m. and at noon Monday through Friday, and to the Wilford Hall ER after hours.

"The vast majority of urgent dental needs are preventable and everyone is encouraged to see their dentist regularly so simple dental needs do not become dental emergencies," Robinson said.

The government sponsors

the TRICARE Dental/United Concordia programs for Family members of active duty and retirees. For more information about United Concordia, call customer service at 1-800-866-8499 or visit its Web site at www.TRICAREdentalprogram.com.

For questions regarding this change, call the Kelly Dental Clinic at 925-6647.

(Source: 59th Medical Wing Public Affairs)

Two-wheel patrol



Photo by Esther Garcia

Patrolmen Daryl Kyle and Paul Landsaw, Fort Sam Houston Police, patrol the Post Exchange and commissary parking lot Aug. 16 on Segways. The Segway parking-lot patrol is a new initiative for the Fort Sam Houston Police. "This is something new that hasn't been done before on Fort Sam," said Landsaw. "It is also a good opportunity to interact with the community." The Segways are battery operated and can travel 15 mph.

Housing Update

Lincoln Military Housing changes on-post office locations

To provide more efficient and convenient service to Fort Sam Houston Family Housing residents, Lincoln Military Housing will change its service locations over the next month.

LMH will continue providing service and assistance for all housing functions to include assignments, terminations and on-post housing information. However, residents requiring service or information will now go to the resident community center location that services their respective rank and bedroom requirements. The locations include:

Lincoln Military Housing
Building 367, Stanley Road (One-stop Processing)
Office: 270-7638
Fax: 270-7699
Ranks: O-1 to O-6 requiring two,

three or four bedrooms.

Harris Heights Community Center
3751 Patch Road
Office: 824-9587
Fax: 270-7699

Ranks: E-1 to E-6 requiring two bedrooms and E-7 to O-3 requiring three or four bedrooms.

Watkins Terrace Community Center
5840 Frazier Road
Office: 832-8104
Fax: 270-7699
Ranks: E-1 to E-6 requiring three or four bedrooms.

For more information, residents can contact the housing office in their community center.

Upcoming events

Lincoln Military Housing will host a number of upcoming activities for housing residents including:

Crime prevention

Lincoln Military Housing will host

a meeting to discuss crime prevention Aug. 27 from 5:30 to 6:30 p.m. at the Harris Heights Community Center for Harris Heights, Patch Chaffee, Marvin R. Wood, Gorgas Circle, Wheaton Graham, Infantry Post, Hancock, Artillery Post and Staff Post residents; and Aug. 29 from 5:30 to 6:30 p.m. at the Watkins Terrace Community Center for Watkins Terrace residents. Residents will be able to meet with an LMH representative during this time to discuss the first official Ista energy bill.

Military Spouse Appreciation Day
LMH will sponsor a Military Spouse Appreciation Day Aug. 27. Throughout

the day, LMH will hand out carnations to military spouses in Building 367 and at each community center.

Mayor Meeting

An LMH Mayor Meeting will be held Aug. 28 from 10:30 to 11:30 a.m. at the Harris Heights Community Center. Village mayors should attend this meet-

ing. To become a village mayor, call LMH at 270-7638 or visit a community center.

For photos and upcoming activities, residents can visit www.samhoustonlpc.com. For more information on housing events, call LMH at 270-7638.

(Source: Residential Communities Initiative)



The 25th Annual National Night Out will be held Oct. 7. Residents who wish to hold events will need to register to receive a National Night Out kit filled with "how-to" materials. For registration information, call Lincoln Military Housing at 270-7638.

ICE

**Have feedback for a post
customer service provider?**

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.



Courtesy Photo

Lt. Col. Marie Prado, U.S. Army Physical Evaluation Board member, and her father, Manuel Prado, honor Alfred L. Prado Scholarship recipients, Martin Pena, Juan Espinoza and Bianca Peralto, June 5 at Memorial High School, San Antonio.

SCHOLARSHIP from P5

scholarship money for school. Lt. Col. Prado's contribution to the community was well received and we are pleased that the commemoration of her brother's memory will continue for the students at

Memorial High," said Theresa Fisher, lead counselor, Memorial High School.

"To have selected the first three students for the scholarship was absolutely a dream come true. It was always what I have imagined when I first came into the Army ... to have my brother's name recognized forever," Prado said.

"My dad was so proud to hear what I have done in honor of his son; it was certainly a painful memory for the family, no one talked about Freddie until now. Just knowing that Freddie's name is out there is making a difference in someone's life is truly a blessing."

Top driver

Gordon Zambrano (left), assistant business manager of the Fort Sam Houston Golf Course, presents Todd Sneed with an award after the 2008 Military Long Drive Competition Sunday at Fort Sam Houston.

Sneed won the competition with a score of 352 yards. Bob Berger came in second with 312 yards and third-place winner Kevin Willis hit a drive of 269 yards.

As the winner, Sneed will go on to compete in Colorado Springs, Colo. The top long drive competitors from each of four geographical zones will win an all-inclusive trip to compete in the military division at the RE/MAX Long Drive Championship in Mesquite, Nev.



Photo by Jennifer Morris

Sports

Post soccer team

Coaches and players are needed for the Fort Sam Houston soccer team. Tryouts are now through Aug. 23 at 6 p.m. at Leadership Field. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Men's basketball team

Coaches and players are needed for the Fort Sam Houston men's basketball team. Tryouts will be held Aug. 25 through 29 at 6:30 p.m. at

the Jimmy Brought Fitness Center.

Coaches should send resumes by Aug. 22 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

5K Fitness Run/Walk

A 5K Fitness Run/Walk will be held Aug. 30 at 9 a.m. at the Jimmy Brought Fitness Center. The event is free and open to the public. T-shirts are \$10 at the event. For more information, call 221-1234.

Bench press contest

MWR will hold a bench press contest Sept. 27 at 10:40 a.m. at the Jimmy Brought Fitness Center. Weigh-in is from 9:30 to 10:30 a.m. The entry fee is \$20 and includes a T-shirt for all participants. For more information, call 221-1234.

Did you know?

Did you know that troops going through a Military Operations in Urban Terrain, or MOUT, site at Camp Bullis is nothing new? In late 1942, the 95th Infantry Division arrived at Fort Sam Houston, replacing the 2nd Inf. Div. When the 95th moved to Camp Bullis for field training, the Divisional Engineer Battalion, the 920th, constructed two mock villages so the units could practice clearing enemy-held villages.

One of the mock villages, Branttown, named for Division Chief of Staff Col. Donald Brann, was located just south of Cedar Hill along Cowgill Road. It was built to resemble a North African-type village. Since the United States had just invaded North Africa, it was possible the division would fight there.

The other mock village, Kuhreville, was named for Lt. Col. Leland Kuhre, the first commander of the 920th Engineer Battalion and the designer of the 95th Division shoulder sleeve insignia. The village was located southwest of Hawkins Hill on Lundy's Lane and built to resemble a German village.

Training at these villages apparently involved some live firing because range maps of Camp Bullis show a small arms fire safety fan over each site. Both villages can be seen on topographic maps of Camp Bullis printed in the early 1950s, though neither site is identified by its 95th Division-given name. The 95th Inf. Div. went on to fight in Europe, including the reduction of the fortified city of Metz, earning the division's nickname, "The Iron Men of Metz."

For more information on Fort Sam Houston history, call the Fort Sam Houston Museum at 221-1886 or the U.S. Army Medical Department Museum at 221-6358.

(Source: Fort Sam Houston Museum)

District welcomes staff to new school year

Story and photo by Elaine Wilson
Fort Sam Houston Public Affairs

Fort Sam Houston Independent School District teachers and administrators gathered for a back-to-school celebration Tuesday

at the Sam Houston Club.

In her opening remarks, District Superintendent Gail Siller welcomed the staff back to the district for a new school year, extending a special welcome to the new garrison commander, Col. Mary Garr.

Garr will have three children enrolled in the district this year. "I'm sure we'll be seeing the colonel a lot over the school year," Siller said.

Siller praised the staff for their ongoing efforts and encouraged them to continue



District Technology Instructional Coordinator Roland Rios welcomes U.S. Army Garrison Commander Col. Mary Garr to the Fort Sam Houston Independent School District's back-to-school celebration Tuesday at the Sam Houston Club.

ally seek improvements to improve the educational experience for faculty and students.

"We believe each of you in this room is essential to our students' success," Siller said. "You are their role model."

Siller was followed by guest speaker Josh Davis, a San Antonio sports legend who is a role model for not just San Antonio, but the world. The San Antonio native is a champion swimmer who earned three gold medals and two silver medals in the 1996 and 2000 Olympic Games.

Davis gave a motivational speech to help set the tone for the new school year, which starts Monday.

See **WELCOME P18**

First day procedures announced at Cole Middle, High School

Robert G. Cole Middle and High School staff are busy preparing for students' first day of school, working around construction and inclement weather. First day of classes begin Monday.

A newly constructed parking lot will provide staff, students and parents with an area to park vehicles. The parking lot is located near the end of Winans Road between the Fort Sam Houston Independent School District Central Office and the Kiehle Technology Center.

"Middle school students should check the front windows of the middle school for their advisory assignments," said Robert G. Cole Assistant Principal Elizardo Hernandez. "Students should then wait in the middle school mall area until the bell rings for them to report to their advisory class."

Cole High School Assistant Principal Susan Hawkinson said, "High school students will find advisory assignments posted on the end walls of each portable building as well as on display boards in the center of the portable buildings. Room numbers will also be posted on the ends of each portable building while teacher names will be displayed near classroom doors."

Students should immediately report to advisory classes.

In case of inclement weather, high school students should report to the Moseley Gymnasium.

Any students who are not registered for classes should report to the Robert G. Cole Media Center so that appropriate class assignments and course schedules can be developed.

(Source: FSHISD)

Fort Sam Houston Independent School District Weekly Campus Activities Aug. 25 to 30

Fort Sam Houston Elementary School

Aug. 25

First day of school

Aug. 26

Early dismissal, 2:45 p.m.

Dedication of Robert G. Cole Middle School at Media Center, 4 p.m.

Aug. 29

Spirit Day

Robert G. Cole Middle/High School

Aug. 25

First day of school

Aug. 26

Early dismissal, 1:50 p.m.

Dedication of Robert G. Cole Middle School at Media Center, 4 p.m.

Junior varsity and varsity volleyball at Utopia, 5 and 6 p.m.

Aug. 27

Varsity volleyball at Sabinal, TBA

Aug. 28

Junior varsity football at San Antonio Christian, 6 p.m.

Aug. 29

Junior varsity/varsity volleyball vs. Medina, 5:30 and 6:30 p.m.

Varsity football at SAC, 7:30 p.m.

New campus leaders ready to welcome students, staff

When the opening bell rings in the 2008-2009 school year Monday, there will be two new leaders on Fort Sam Houston Independent School District campuses.

Robert G. Cole Middle and High School welcome Principal Isabell Clayton. Fort Sam Houston Elementary School welcomes Christopher Douglas as its new assistant

principal.

Clayton began her career as a special education teacher. After three years in the classroom, Clayton worked as a high school assistant principal for seven years in Hays Consolidated Independent School District. For the last four years Clayton has served as the high school principal in Perryton ISD.

"I am thrilled to be the new

"I am thrilled to be the new principal at Cole Middle and High School, and look forward to continuing the tradition of excellence."

Isabell Clayton

Robert G. Cole Middle and High School Principal

"I am honored to work in a community that supports our nation and truly values education. I look forward to an exciting year working with the students, parents and staff."

Christopher Douglas

Fort Sam Houston Elementary School Assistant Principal

principal at Cole Middle and High School, and look forward to continuing the tradition of excellence. I have already met with the Cougar Pride Club and look forward to meeting other parents at our open house," Clayton said.

Clayton replaces Roland Rios, who was named the district's technology instructional coordinator.

Clayton received her training at Texas State University in San Marcos with a Bachelor of Arts in sociology/social work in 1977, Master of Education in counseling and guidance in

1982, and her special education teaching certificate in 1992. She recently completed the coursework for her superintendent's certificate.

In her spare time, Clayton enjoys spending time with family and friends.

Douglas joins the elementary administrative team as the assistant principal for students in grades pre-kindergarten through second grade. He replaces Jessica Crafton, who moved to the east coast.

See NEW LEADERS P15



Courtesy photo

Welcome

Fort Sam Houston Independent School District welcomes new employees (first row, from left) Leonard Ermis, Courtney Anthony, Susan Baer, Laura Barnard and Darlene Beadles, (second row, from left) Christopher Douglas, Jana Wallace, Jennifer Graham and Carolyn Wafford, (third row, from left) Ray Sunday, Isabell Clayton, Angela Urick, Laura Albasini and Lisa Muravez, (back row, from left) Carol Reynolds, Leah Goff, Jennifer Widhelm, Christina Bertran, Shannon Janes, Lynda Packett and Ron Hubbert,

NEW LEADERS from P14

Douglas began his education career in 2001 as a special education teacher in Judson ISD. In 2004, he moved to Seguin, Texas, where he served as a campus administrator for four years.

"I am honored to work in a

community that supports our nation and truly values education. I look forward to an exciting year working with the students, parents and staff," said Douglas.

Douglas received his Master of Science degree in educational administration from Texas A&M University at Kingsville,

and a bachelor's degree in interdisciplinary studies from Texas State University in San Marcos. He is currently working on his doctorate degree in education at the University of the Incarnate Word.

Douglas enjoys camping and spending time with his family and friends.



Pharmacy Specialist Course Instructor Staff Sgt. Nathan White helps student Pfc. Victoria Milton with a problem during a class exercise Monday at the Army Medical Department Center and School, while Pvt. Gregory Bryant waits his turn. A staff of about 10 enlisted senior pharmacy specialists, three pharmacists and two civilian pharmacy technicians train up to 250 pharmacy specialists a year.

A big difference between an Army pharmacy specialist and a civilian pharmacy technician is that the Soldier can work independent of a pharmacist. Soldiers can dispense drugs to active-duty members and counsel them about their prescribed medications.

The pharmacy specialists' independence along with their tremendous responsibilities are characteristics of

Military Occupational Specialty 68Q.

Each year, instructors from the Army Medical Department Center and School's Pharmacy Branch train up to 250 pharmacy specialists, who will be assigned to major medical centers, smaller Troop Medical Clinics, Combat Support Hospitals, Brigade Combat Team medical activities and medical battalions.

"I think it's (pharmacy specialist) really great," said student Pfc. Gidget Delay, who transferred to the Army in January from the National Guard. "A lot of people think that being a pharmacy tech is just like being a clerk, but it is very mentally challenging and I find it intriguing. A lot more Soldiers should consider it."

Delay, from B Company, 264th Medical Battalion, is one of the 23 Soldiers in Pharmacy Specialist Course No. 05-08 68Q10, who are in their 13th week of training. Over the 19-week course, the Soldiers will learn the basics of pharmacy: interpreting the prescription order, preparing the label,

selecting the right medication and dispensing it, said Capt. Joe Taylor, officer in charge of laboratory subjects of the Pharmacy Branch at the Army Medical Department Center and School.

Along with learning the fundamentals comes pharmacy terminology and administration, dosage calculations, anatomy and physiology, medications' affects on organ systems, memorizing about 500 drug names, medication management and learning to work as a unit's only pharmacy specialist.

Further into the course the training gets very hands on, said Lt. Col. William Starnes, chief of the Pharmacy Branch.

"They start filling prescriptions, counseling mock patients on how to use medications, and how to make IVs," said Starnes, who is a pharmacist.

Toward the end of the course, the Soldiers participate in a 72-hour field training exercise at Camp Bullis. In addition to Warrior Tasks and combat drills, the pharmacy specialists

run a Combat Support Hospital's inpatient and outpatient pharmacies.

"They really like the FTX. That's the first part where they get to go out and actually apply all of their skills and realize, 'Hey, all of this stuff that was really hard and we thought that there really wasn't a point to, now I understand why we do it,'" Taylor said.

The last three and one-half weeks are spent in experiential training at the Brooke Army Medical Center Pharmacy working under the guidance of pharmacy staff. The students are partnered with an experienced staff member who closely watches and guides them as they work in the pharmacy, Starnes said. The staff members ensure the students rotate through the outpatient, inpatient and refill sections of the pharmacy and that they get to practice the skills they learned in the classroom.

Although automated dispensing machines are becoming

prominent in pharmacies, automation is not stressed during the training, Taylor said.

"We teach them to be proficient in their pharmacy technician skills," he said. "If they go somewhere where there is limited power, limited resources, they know how to handwrite a label and get the medication to the patient."

Many students find the math to be the most challenging part of the course, Taylor said. Although it is basic arithmetic, it is applied in a way that they may not be accustomed to, such as dosages being reduced, concentrations of solutions being diluted or metric conversions, Starnes said.

Delay said that she found the memorization of the large number of drug names to be the most difficult.

"It's very challenging, but at the same time it's great," Delay said. "It makes you really tap your intelligence."

For Army Reserve Soldier Spc. Jeff Shutterly the most

challenging part of the course was time management.

"The academic part isn't the hardest part because they teach it really well," said Shutterly, a former military policeman. "It's balancing this (school) with the demands of the company, the physical training and the formations."

Beginning next fiscal year, the pharmacy specialist program will offer the pharmacy tech national certification test to its students while they are at the AMEDDC&S, Starnes said. The certification, which is a benchmark in the profession, is optional for Army pharmacy specialists.

Soldiers who pass the exam will earn promotion points and the certification lets the graduates' commanders know that they are receiving new pharmacy specialists who have already attained a certain level of competency, he said.

Story and photos by Jeff Crawley, Fort Sam Houston Public Affairs Office.



Student Pfc. Peter Pantoja puts on protective gear Monday before mixing intravenous drugs in a laminar air flow hood at Willis Hall. Mixing IV drugs is one of the advanced techniques pharmacy specialists learn during their training.



Pharmacy specialist student Pfc. Elena Teyer reads a drug information sheet Monday in the sterile preparation room at the Army Medical Department Center and School. Pharmacy specialists are trained to check for drug interactions and incompatibilities.

Pvts. Joshua Beebe and Sami-Jo Abdel Samad use Drug Information Handbooks and PCs to complete class work Monday in the Pharmacy Specialist Course at the Army Medical Department Center and School. Students use the pharmacy module software of the Composite Health Care System, which is used by all Department of Defense medical facilities.



Pharmacy specialist student Pfc. Elena Teyer reads a drug information sheet while student Pvt. Roberto Valencia reaches for some meds Monday in the sterile preparation room at the Army Medical Department Center and School. After graduation, pharmacy specialists are assigned to large medical centers, smaller Troop Medical Clinics, Combat Support Hospitals, medical battalions and Brigade Combat Team medical activities.



Pharmacy specialist students in Course No. 05-08 68Q10 perform dosage calculations before mixing intravenous medications Monday in the sterile preparation room at Willis Hall. Students learn a variety of duties including how to mix ingredients to produce prescribed medications.



Former Olympian Josh Davis encourages educators to have an "attitude for gratitude" Tuesday during the Fort Sam Houston Independent School District's back-to-school celebration at the Sam Houston Club. During his speech, Davis gave four points for success: attendance, attitude, technique and character.



Photo by Elaine Wilson

WELCOME from P12

The athlete spoke of the importance of coaches, and teachers, throughout life.

"A coach once told me I could be great. When he believed in me, I began to believe in myself."

He joked about his mother enrolling him in ballet, where he was the only "guy among 40 girls," and how he went on to try numerous sports before settling on swimming in the eighth grade.

"Every life circumstance is preparing you for something

great in the future," said Davis, who now spends most weekends coaching young swimmers. "The best is always yet to come."

Davis described the pressure of standing at the "block" while billions of people were watching, and the nervousness he felt before a race.

But, "I learned a trick. I can't control the past or the future, I can only control me, right now," he said. "The only thing you can control is you. Do your best in the moment. If you do your best, every moment of every day, you don't have to worry."



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Cash and Carry Sale

The next MWR Cash and Carry Sale will be held Sept. 3 from 9 a.m. to 3 p.m. at Building 4192, Bay A on Wilson Road. The event is conducted on a

first-come, first-served basis. Cash and personal checks with picture ID are acceptable forms of payment. All property must be removed from the warehouse at the time of the sale. All sales are final. Property is sold as is, where is. The following used items are available for sale: used TV armoires, desk chairs, wall mirrors, wall mount headboards, VCRs, computer desks with hutches, recliners, lounge chairs with ottomans, executive chairs, used golf clubs and bags, 7.2-cubic refrigerators, small replica furniture items from the post Child Development Center and more. There is no prior viewing of sale property. All property

listed is to be issued to Non-Appropriated Fund Activities for continued use and may not be available on the sale dates. For more information, call 221-4449 or 221-4950.

Recreation and Leisure
Bowling Center hours

The Fort Sam Houston Bowling Center has new hours through the beginning of September. The facility will be open Wednesdays from 11 a.m. to 9 p.m., Thursdays from 1 to 9 p.m., Fridays from 5 p.m. to 12 a.m.,

Saturdays from 1 to 10 p.m., Sundays from 2 to 8 p.m. and closed Mondays and Tuesdays. For more information, call 221-4740.

National Bowling Week

The Fort Sam Houston Bowling Center will celebrate National Bowling Week Aug. 23 to 30 with a variety of activities and prizes. Cosmic Night will be held Aug. 23. Family Day will be held Aug. 24, and the first 100 customers will receive one scratch-off card each. Clock-Out-and-Rock will be held Aug. 27 from 5 to 9 p.m., and the first 100 customers will get one scratch-off card each. Retiree Night will be held Aug. 28; retirees can bowl for \$1 each. Ladies' Night will be held Aug. 29 from 5 to 9 p.m. The first 100 women bowlers get one scratch-off card each. Close out National Bowling Week with a Back-to-School Bowling Bash Aug. 30. Each scratch-off card guarantees a prize. For more information, call 221-4740.

3-D archery shoot

The next 3-D archery shoot will be

held Aug. 23 and 24. Registration is from 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three participants in each class. The cost is \$15 per person on Saturday. The cost per person Sunday is \$15 for competitive and \$10 for non-competitive shoot. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Dining and Entertainment
MWR Ticket Office

Go to the ticket office at the Sam Houston Club for discounts on summer fun. The summer hours are Tuesday through Friday from 10 a.m. to 5 p.m., Saturday from 10 a.m. to 2 p.m. and closed Sunday and Monday. Come by

See MWR P21

MWR from P20

for discount tickets on local and out-of-state locations. For more information, visit www.fortsamhoustonmwr.com or call 226-1663 or 224-2721.

Sam Houston Club

Latin Night

Spice up your weekend with Latin Night Aug. 30 from 9 p.m. to 1 a.m. at the Sam Houston Club. Cover is \$7 per person or \$10 per couple. Come groove to the rhythms of the Latin band The Latin Four. Stop by for drink and draft specials. Doors open at 8:30 p.m. with no cover until 9 p.m. Hors d'oeuvres will be served from 10:30 to 11:30 p.m. Patrons 18 years and older are welcome, but must be 21 years old to buy or consume alcohol. The dress code is casual attire: no hats, athletic attire, shorts or T-shirts are allowed. For more information, call 224-2721 or 221-2722.

Lunch at Sam Houston Club

Stop by the Sam Houston Club during the week for lunch. The club offers a buffet-style lunch Tuesdays through Fridays from 11 a.m. to 1 p.m. The cost is \$6.95 for members and \$7.95 for non-members. The meal includes a beverage, deluxe salad bar, soup and dessert. For more information on menus, check out the Sam Houston Club page on the MWR Web site at www.fortsamhoustonmwr.com or call 221-2721.

Karaoke Fridays

Come by the Sam Houston Club every Friday at 7 p.m. for free karaoke. Practice vocals or just come out and have fun with friends to celebrate the end of the work week. For more information, call 224-2721.

Army Community Service

Identity theft

An identity theft class will be held Aug. 21 from 2 to 4 p.m. at Army Community Service, Building 2797, in Training Room 1. The class provides information on how not to become a victim, and how to recognize and what to do if you become a victim. For more information, call 221-2705.

STEP for school age kids

The Army Community Service Family Advocacy Program will hold a four-part series titled Systematic Training for Effective Parenting Aug. 21 and 28 from 11 a.m. to 12:30 p.m. at the American Red Cross, Building 2650. This series can help parents

improve communication, encourage cooperative behavior and more. For more information, call 221-2055.

FERP career fair

The Army Community Service Family Employment Readiness Program will hold a career fair Aug. 26 from 9 a.m. to noon at Army Community Service, Building 2797. The fair is open to all Family members, Warriors in Transition, retirees, civilians and contractors. More than 30 employers will be on-site ready to do interviews. Be prepared for an interview by bringing a job history or resume. For more information, call 221-0516 or 221-2705.

Personal Financial Management

Personal Financial Management is a mandatory class for first term Soldiers. The class consists of information on credit reports, maintaining budgets and effective savings plans. The next class will be held Aug. 26 from 2 to 4 p.m. in Training Room 1 at Army Community Service, Bldg. 2797. The course is also available online at myarmylifetoo.com. For more information, call 221-2705.

BEAMS

The Army Community Service Family Advocacy Program will hold a new Building Effective Anger Management Skills class Aug. 27 from 4:30 to 6 p.m.

For more information, call 221-2055.

Mandatory first-term financial readiness

A mandatory first-term financial

readiness class will be held Aug. 27 from 9 to 11 a.m. at Army Community Service, Building 2797, Training Room 1. For more information, call 221-2705.

See MWR P25



Community

Events

Camp Wood walk

The BTC Oddsports Volksmarch Club will host a 5K and 10K walk Aug. 23 from 8 a.m. to 1 p.m. The walk will finish by 4 p.m. at the Nueces Canyon Elementary School near the intersection of FM 337 and TX 55 in Camp Wood, Texas. For more information, call Clay Baulch at 204-9301 or e-mail btco@satx.rr.com.

Free school supplies

Operation Homefront Texas is lending a hand to military Families with school-age children by giving away backpacks and school supplies. Registration is now open to military members (E-6 and below) whose children are between ages 5 to 17 (kindergarten to high school). Registration will be open until all slots are filled. Once registered, an e-mail confirmation will be sent with the date, time and address of distribution. To register or donate school supplies, visit the backpack registration link at www.operationhomefront.net/forms/backpack_submission_form.asp?Chapter_ID=44 or e-mail texas@operationhomefront.net.

Back-To-School Essay Contest

The Army and Air Force Exchange Service is offering aspiring young writers an opportunity to win great prizes. The Back-To-School Essay Contest will give students in first through 12th grades the opportunity to submit an essay of 200 words or less on "What AAFES means to me and my Family." The essay contest will run through Aug. 31. First-place winners in each category will receive a computer; second-place winners will be awarded a \$500 savings bond; and third-place winners a \$200 savings bond. For more information, visit www.aafes.com under the Patriot Family Connection link.

'Run for the Fallen'

Run for the Fallen, a national effort to honor fallen heroes by running one mile across the country for every service member killed in Iraq and Afghanistan, will be held Aug. 24 at 7:30 a.m. at the Veteran's

Memorial Plaza, downtown San Antonio, at the intersection of Jefferson and Martin streets. The 1.5-mile run begins at 8 a.m. The event is free; walkers, cyclists and Segways are welcome. For more information or reservations, e-mail runfortheallensa@satx.rr.com or visit www.runfortheallensa.org.

Community Development Summit

The 2008 Community Development Summit will be held Sept. 15 and 16 from 7:45 a.m. to 7 p.m. and Sept. 17 from 7:45 a.m. to 1:15 p.m. at the Henry B. Gonzalez Convention Center. The cost is \$100 for all three days, which includes three continental breakfasts and luncheons and two evening receptions. Single-day registration is available for \$50, which includes lunch, evening reception if applicable, and admission to all sessions during that day. Parking is provided free at the Alamodome with shuttle service to the convention center. For more information, visit http://www.sanantonio.gov/planning/cd_08summit.asp.

Nominations for Military Spouse of the Year

Military Spouse Magazine is seeking nominations for the 2009 Military Spouse of the Year Award sponsored by USAA. Nominees must be the spouse of a current member of the U.S. Armed Forces. The criteria for selection includes: impact on community change, volunteerism, personal sacrifice, education, career pursuits and other military spouse-related efforts. The MSM encourages individuals to submit a nomination for themselves or an eligible nominee. Nominations will be accepted through Oct. 8. For more information, call 703-288-8684. To submit a nomination, visit www.msoy.mil-spouse.com.

MOAA-AC Oktoberfest Picnic

The Military Officers Association of America-Alamo Chapter will hold its annual Oktoberfest Picnic Sept. 24 at Eberle Park, Randolph Air Force Base. Rennie Guenther and Company

See COMMUNITY P23

COMMUNITY from P22

will provide the entertainment and The Bavarian Haus Restaurant will cater the event. The cost is \$20 per person. Reservations are due by Sept. 22 at noon. For more information, call 228-9955 or e-mail moaa-ac@sbglobal.net.

Military wives spa day

The United Service Organizations invites military wives of deployed service members for a spa day the third Sunday of each month at 1 p.m. at the USO San Antonio Downtown Community Center, 420 E. Commerce St. Treat yourself to an afternoon of pampering and relaxation. Enjoy complimentary mini-facials and chair massages. Volunteers will care for children during the visit. For more information, call Julie Dahlberg at 227-9373, ext. 12 or e-mail JDahlberg@AlamoUSO.org.

Here's to the Heroes

Anheuser-Busch is honored to salute the men and women of our armed forces and their Families. Throughout 2008, members of the military and as many as three direct Family members may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. For more information or to register, visit <http://www.herosalute.com>.

Training

AKO Training

There will be a hands-on training on Army Knowledge Online Aug. 26 from 8 to 11:30 a.m. and Aug. 28 from 12:30 to 4:30 p.m. at Willis Hall, Building 2841, Room 2105C. Forms in AKO Forms Management Content Program training will include AKO hands-on training pre-requisite, leave form templates, uploading local forms from the Army Medical Department server, renaming forms, digital signatures, sending a form as an original, locating additional computer basic training within AKO and much more. Seats are limited and individuals must bring their common access card for training. For more information, call 221-6203. To register for training or reserve a seat, e-mail Julie.Gueller@amedd.army.mil.

Army e-Learning Program

The Army e-Learning Program has 30 Rosetta Stone foreign language courses and 2,600 other courses

available, to include new course content on Lean Six Sigma. The Army has included the Books 24/7 features that provides a user more than 4,000 business professional titles, over 6,000 titles in IT Pro and nearly 350 in office essentials. All reference books are free to authorized users. For more information, call Julie Gueller at 221-6203.

Volunteer

Community cleanup

The American Society of Military Comptrollers will sponsor a community cleanup project Aug. 23 from 9 a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. Students can earn a certificate for up to three hours of community service credit. For more information or to volunteer, call 977-2522.

Meetings

Spouses' Club

The Spouses' Club will host a welcome luau Aug. 26 from 6 to 8 p.m. at the Dodd Chapel. For more information, call Marcella Garcia at 251-3355 or e-mail marcellag0642@aol.com.

For Sale Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

For Sale: German shrunk, brown oak, six pieces, \$2,200 obo. Call 221-2800 or 845-5453.

For Sale: King-size mattress, spring air back supporter, no box spring, \$500; ceiling fan with light fixture, 42 inch, \$25; Pentair pool cleaner, in-ground pool, \$300. Call 697-9261 or 363-4056.

For Sale: Kirby G5 vacuum cleaner with attachments, replacement bags, manuals and demonstration video, belts replaced in 2005, excellent condition, \$300. Call 455-3146.

For Sale: Three male kittens, three months old, neutered, shots up-to-date with copies of documentation; one long hair and two gray tabby's, litter-box trained. Call 887-4394.

For Sale: Two male rabbits, includes wooden hutch and all accessories, \$100 obo; two male and two female Shitzu puppies, four weeks old, two tri-color, one brown/black and one black/white, parents on site, \$225 each. Call 323-2766.

For Sale: Wooden kitchen table with six chairs, middle leaf removable, good condition, \$100 obo; solid

wood computer armoire, great condition, \$100 obo; queen-size wood-and-iron sleigh bed frame, includes head and foot rails with support boards, good condition, \$50 obo. Call 566-4614.

For Sale: Golf clubs, 3-9 pitching wedge and 1-3-5 woods, \$135 and \$165; HAM radio, \$150; one receiver, \$125; two golf bags, \$20 and \$30. Call 227-6590 or 414-8265.

For Sale: Burberry Nova Check, small hobo tote with strap and dust jacket, 9 inches wide by 6 inches high by 2.5 inches deep, \$175; three-tier diaper cake, blue, \$30; baby shower corsage, blue, \$10; James Avery "Lord watch between ..." pendant set, \$35; wood-grain wall unit entertainment center, 6 feet high by 5 feet wide by 17 inches wide, \$150; Big Boy recliner, mauve, \$40. Call Toni at 550-4680.

For Sale: 2003 Range Rover truck, automatic, 5K miles, \$35,000. Call 445-7729.

For Sale: Programmable Honeywell digistat thermostat for home a/c, \$30. Call 221-3549.

Religion

Back-to-School Bash

The Installation Chaplain's Office will sponsor a Back-to-School Bash Aug. 23 at the Dodd Field Chapel at 1721 Dodd Blvd. Events run from 9:30 a.m. to 2 p.m. and 7 to 10 p.m. There will be activities for elementary school children and workshops for middle and high school students. Programs include songs and prayers, school safety, and games and giveaways. Lunch will be provided. A back-to-school dance for sixth through 12th graders will be held from 7 to 10 p.m. featuring pop music with a Gospel message. Parents can attend information sessions on Youth and their Music, Goal Setting and enjoy an evening coffee house at 7 p.m. Register at www.samhouston.army.mil/chaplain. For more information, call Brian Merry, director of religious education, at 221-5006.

MWR from P21

Child and Youth Services

Part-day preschool registration

Registration for part-day preschool runs Aug. 25 to Sept. 5 at Central Registration, in Building 2797 on Stanley Road. Two sessions are available. Session one is Mondays, Wednesdays and Fridays from 8 a.m. to noon. Session two is Tuesdays and Thursdays from 7 a.m. to noon. Each session is limited to 22 children. Children must be between the ages of 3 and 5, toilet-trained, and not participating in a school district program. Orientation for the preschool program is Sept. 3 at 9 a.m. at Child and Youth Services/Parent Child Incorporated, Building 1720. The program begins Sept. 8. To register or for more information, call 221-1723 or 221-4871.

Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held

Sept. 16 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. All CYS patrons are encouraged to attend. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide a current shot record for students in kindergarten through fifth grade, two local emergency designees with addresses and telephone numbers, a health assessment/sport physical within the last year that is valid for the entire season, required Social Security numbers from all Family members, sponsor's Leave and Earnings Statement,

spouse's W2 form, and activity fee. For more information, call 221-1723 or 221-4871.

Army Child Care in Your Neighborhood

Army Child Care in Your Neighborhood care options provide parents and guardians the same peace of mind as Family Child Care

and the Child Development Center. Participants in the ACCYN program must meet standards comparable to those required in on-post care, which includes ongoing training for various national accreditations and credentials. For more information on ACCYN, call Central Registration at 221-4871 or 221-1723 or visit www.portsamhoustonmwr.com.

Correction:

The "Start Smart" article that appeared in the Aug. 14 issue of the News Leader was incorrectly attributed to Jennifer Morris. It should have been attributed to the Directorate of Morale, Welfare and Recreation and the National Alliance for Youth Sports.